

Abstract of the Disclosure

Medicaments and methods for the treatment and/or amelioration of certain inflammatory symptoms related to premenstrual syndrome (PMS), premenstrual dysphoric disorder (PMDD), perimenopause, menopause, endometriosis, post-partum depression, or administration of hormonal contraceptives are described herein. Medicaments of the invention comprise a tocopherol, an omega-3 polyunsaturated fatty acid, such as docosahexaenoic acid (DHA), or omega-9 polyunsaturated fatty acid, optionally, a flavonoid, and, optionally, a mineral, such as magnesium. Methods for treating or ameliorating such symptoms and methods for reducing elevated CRP and/or white blood cell (WBC) associated with such conditions using medicaments of the invention are also described.